



WEDNESDAY, OCTOBER 20, 2021

## **Bringing Silence to a Noisy Mind that Won't Stop Talking to Itself**

Key Lesson: Part 1: So great is the need of the false self to feel "important" that it never stops imagining what it must have to feel that way; so that, by default, it lives in an almost constant fear of any moment it sees as a threat to its desired sense of self. And, as incredible as it seems, it uses this ensuing state of self-created tension as proof that the crowning moment it seeks is nearly at hand.

Part 2: *The more we talk* to ourselves about how we need to make some real change in our life, *the less we see* how consoling ourselves with ideas for a brighter tomorrow keeps us from realizing a simple truth... a self-evident that, if realized, would help set us free: the more we talk to ourselves about any problem or pain that we can't seem to escape, the more we become its captive.

### **Talk Takeaways**

- Where does an inner dialog get its authority over us? It starts with our unconscious consent to identify with those thoughts.
- The root of self-talk begins with judgment.
- Self-talk is inseparable from the moment of conflict where something happens and it is interpreted as a threat to who I think I am and what I'm identified with.

- No self-talk starts without being triggered by a condition or influence that seems to be outside of you. Conflict is not created by the condition you perceive. It is inherent in a consciousness that is challenged by what it perceives
- All self-talk begins when there is uncertainty in your life. When there is no uncertainty, there is no internal conversation.
- An insecure consciousness looks for security by talking to itself. The more it talks to itself, the more uncertain it becomes.
- When we talk to ourselves, we think we are going somewhere, towards a solution.
- Talking to yourself only delays the moment when a persistent interior problem must finally be confronted and seen for what it is.
- Rejection of a moment is the same as rejecting revelation of what that moment has stirred in you.
- Who we really are is not separated from the moment and what it reveals.
- Self-talk begins in those moments when what happens does not match what you want to happen.
- "Hope in things seen" is an inner dialog that attempts to identify what it needs to possess in order to feel certain.
- Each memory, connected to the past, has its own corresponding mechanical negative reaction to any moment that seems to be in opposition. This is to say that it is not "I" that engages in an inner dialog, but instead it is a mechanical consciousness that talks to itself using its own content.
- Talking to yourself does not bring an end to conflict. Rather, conflict is what begins the inner dialog.
- You keep trying to resolve the source of your suffering by talking to the source of your suffering.

- The more we talk to ourselves about any problem or pain that we can't seem to escape, the more we become its captive.
- The exercise is to look who's talking, instead of looking at what it's talking about.
- The consciousness that thinks the moment is incomplete talks to itself about what it must do to make the moment complete.
- Awareness is a spiritual solvent that will dissolve your attachment to the unconscious self that talks to itself.